

HEALTHY VIRGINIANS Scorecard

for the Governor's Nutrition and Physical Activity Award

The problem

In the past two decades...

- The number of overweight children has nearly doubled and the number of overweight teens has tripled.
- In Virginia, more than 1 in 3 people diagnosed as overweight each year are children.
- Chronic diseases such as hypertension and Type 2 diabetes are now showing up in overweight children.
- Experts predict this could be the first generation of parents with a greater life expectancy than their children if this epidemic is not curbed.

Why the increase in overweight children and related health issues?

- Poor nutrition
- Lack of physical activity

How can Virginia Public Schools address the problem of overweight children?

- Establish local wellness policies that set standards for good nutrition and increased physical activity.
- Involve parents and the community in solving the problem of overweight children.
- Recognize and reward schools that implement best practices to achieve improved student health.

How does the Governor's Nutrition and Physical Activity Award encourage schools to create a healthy environment?

- Provides nutrition and physical activity best practices in the scorecard for schools to use as benchmarks.

- Establishes a reward system for public schools that implement best practices.
- Schools may qualify for 3 levels of awards based on the number of best practices put into action.
GOLD - highest award
SILVER - second highest award
BRONZE - third highest award

How can parents support efforts to combat childhood overweight and the related health issues?

- Model best practices in nutrition and physical activity at home.
- Contact your school's principal to find out if there are plans to apply for the Governor's Nutrition and Physical Activity Award.
- Encourage children to make healthy choices for breakfast and lunch at school and at home.
- Provide healthy snacks for school parties and special events.
- Help identify ways to raise money for school, other than selling food.
- Talk to your children about what they are learning concerning nutrition and physical activity at school.
- Visit your child's school and eat breakfast and lunch.
- Stay informed about school activities and policies concerning nutrition and physical activity.
- Talk to your school administrators about the importance of a healthy school environment.
- Support your school's efforts to set high standards for foods and beverages sold or given to students during the school day.

www.healthyvirginians.virginia.gov/students